

ABSTRACT

Title: Teambuilding and Sailing

Objectives: The aim of this bachelor thesis is to point out the better effectiveness of teambuilding on sailboats compared to other teambuilding activities.

Methods: Literature review, SWOT analysis, interview with specialists.

Results: Teambuilding on sailboats is being assessed by experts as the most effective among all teambuilding activities.

Keywords: teambuilding, sailboat, team, sailing, outdoor training, corporate events